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HEY ... DIDN'T I SEE YOU IN BIG?

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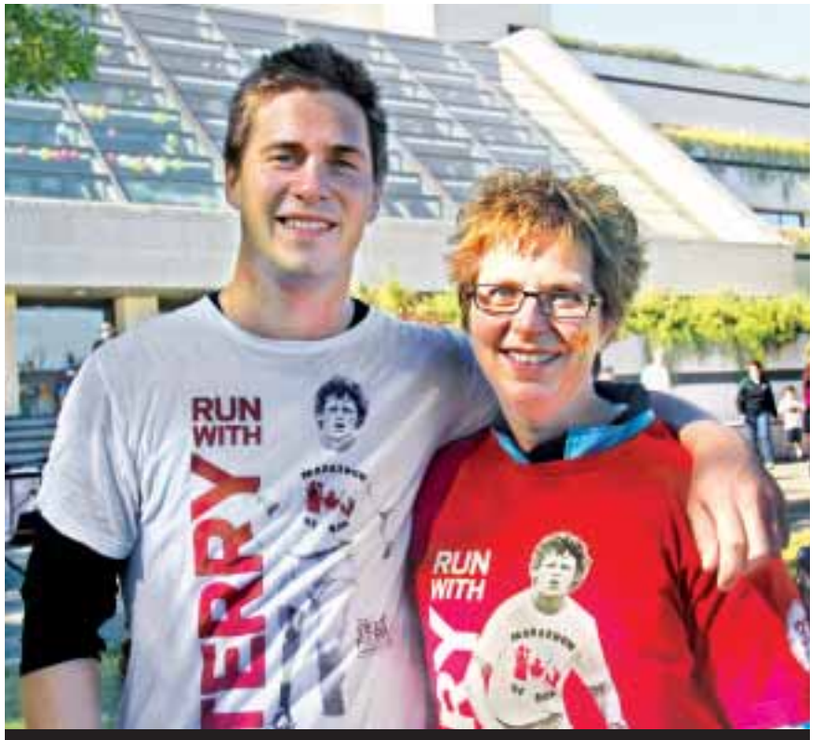

STRONGER TOGETHER

The 33rd annual Terry Fox Run took over the streets of Regina on Sunday, with roughly 500 participants showing up for the annual cancer research fundraiser. Event co-chairs Brandon Gorr and Jade Gritzfeld, pictured, praised the turnout, especially the number of young people showing up. Gritzfeld, a cancer survivor, said the annual run provides an excellent sense of community for those impacted by the disease. Story, page 3. MARCO VIGLIOTTI/METRO

Oh offence, where art thou?

Roughriders have dropped two straight. Rider Nation weighs in on loss to Argos over the weekend in wake of assault charges against three players

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Is it time to push the panic button in Rider Nation?

In another muted performance from the team's usually high-octane offence, the Saskatchewan Roughriders (8-3) fell 31-29 to the defending Grey Cup champion Toronto Argonauts (7-4) Saturday night at Mosaic Stadium.

The loss marks the first time this season the Riders have dropped two straight games, following a 25-13 loss to the Winnipeg Blue Bombers at last Sunday's Banjo Bowl.

"They're not falling out of the groove," said Debbie Hansen, a fan from Saskatoon. "Maybe the two losses will make them pick up their game a bit — it's better for them to lose now than when they're in the playoffs."

"It changes their focus," said fan Harold Danilkewich about the charges. "They're not thinking about football as much as their goofy teammates that shouldn't have been doing that stuff."

After a torrid start to the 2013 CFL season, quarterback Darian Durant had another rough outing against a ferocious Argos defense, throwing three interceptions and getting sacked while going for a two-point convert in the dying stages of the game.

"It looks like the quarterback isn't getting any protection," said Rhonda Dvernichuk from Regina. "They need to work on that."

WITH FILES FROM MORGAN MODJESKI/METRO IN SASKATOON

Mind over legal matters

"It changes their focus.... They're not thinking about football as much as their goofy teammates."

Riders fan Harold Danilkewich, on how the aggravated-assault charges three players are facing may be affecting the team on the field.

Before even stepping on the field for Saturday's game, the Riders were battling through adversity after three players were arrested this past week on aggravated-assault charges stemming from an altercation outside a Regina nightclub in mid-August.

Questions are swirling about whether these off-field distractions factored into the loss — the Riders' first on home field this season.

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Attempted murder of teen girl shocks rural town

Warman, Sask.
13-year-old boy charged in stabbing of girl of the same age

MORGAN MODJESKI
Metro in Saskatoon

The attempted murder of a 13-year-old girl in Warman, Sask., has some in the small city shaken.

RCMP received a call about a stabbing at around 10 p.m. on Friday and upon arrival found a 13-year-old girl suffering from multiple stab wounds. RCMP stabilized the girl on scene before she was taken to hospital. She is now in stable condition.

With assistance from the Saskatoon Police Service's (SPS) K-9 unit and air support unit, police were able to locate and take a 13-year-old suspect into custody and formally charge him with attempted murder.

Sara Skorupan, a Warman local, said she feels people in the area are having a hard time believing such a crime occurred in the rural city.

"I suppose that a lot of people would be shocked, especially in a small town like Warman where a lot of people live here because they feel it's a really safe community," she said. "So it's probably shaken a lot of people, but I think Warman is still a safe community."

Another Warman resident, who didn't want his name published, said as a father of two hearing about the attack was nearly unbelievable.

"It"s scary," he said. "I couldn't believe it. I came home from work (Friday) night and had seen the cops, but I couldn't believe it was two kids. I've seen the cops down here before and you get kind of used to it after a while, but not for kids."

Others like 19-year-old Dalton Kauenhofen, who came to Warman six months ago from Winnipeg, said the age of both the victim and the suspect are unsettling.

"Everyone was pretty shocked that it was two 13-year-olds," he said. "They just thought it was ridiculous."

The 13-year-old suspect is scheduled to appear in provincial court in Saskatoon on Monday.

The Warman RCMP building on Sunday afternoon. Some residents in the small city are in disbelief after police charged a 13-year-old boy with attempted murder in the stabbing of a girl of the same age on Friday. MORGAN MODJESKI/METRO

Hundreds join Terry Fox Run to support cancer research

Jade Gritzfeld is a proud member of Terry's Team.

As a cancer survivor, Gritzfeld was one of a select few to don a red T-shirt at Sunday's Terry Fox Run, hosted just outside the T.C. Douglas building in Regina's south end.

"(The run) is very near and dear to my heart," said Gritzfeld, who also serves as an organizer for the annual event, which raises money for cancer research.

Inspired by Terry Fox's famed cross-country sprint in 1980, the inaugural edition of the accessible run was held the following year and has since transformed into a national staple, with countless events held across Canada.

Gritzfeld said Sunday's run in Regina drew about 500 participants, roughly the number organizers expected.

The big turnout could be credited to the glowing sunshine that greeted participants.

"In September, can it be more beautiful," Gritzfeld declared. "Not a cloud in sight!"

She added that online fundraising for the event was already $10,000 higher than last year. MARCO VIGLIOTTI/METRO

Coming together

"When you set the tone ... it's amazing how people follow that lead."

Jade Gritzfeld, on the event's objective of bringing people affected by cancer together.

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Convicted of crime, diplomats' son finds no country wants him

"Life is very stressful," says Deepan Budlakoti. "You're stateless in a country that you were born in." He and his supporters are campaigning at justicefordeepan.org to stop his deportation. STEVE COLLINS/FOR METRO IN OTTAWA

Deportation. Man says Canada is the only home he has ever known, will plead on Parliament Hill

STEVE COLLINS
For Metro in Ottawa

Supporters of a Canadian-born man fighting an unusual deportation to India will take his case to Parliament Hill in a press conference Wednesday.

"We're calling on two ministers, the immigration minister and the public-security minister, to jump in and basically stop the deportation and to reinstate my citizenship," said Deepan Budlakoti, who was born in Ottawa to two ex-employees of the Indian High Commission, both of whom are now Canadian citizens.

Budlakoti was ordered deported in 2011 after he was sentenced to three years for weapon and drug trafficking. The government argued that because he was born to diplomatic staff, his Canadian birth did not confer automatic Canadian citizenship.

The case grew more complicated when India refused to accept him from Canada. He says he last visited India — on his Canadian passport — at age 12 for a grandparent's funeral.

"I am not an Indian citizen," Budlakoti said. "I have never lived in India and I have no ties to India whatsoever, other than the fact that my parents came from India."

Budlakoti has had to go to court to get a work permit, which has been issued but still hasn't arrived in the mail. Meanwhile, he says, the numerous restrictions he's under — including a curfew and travel restrictions — will make it difficult to work in his field of construction.

"I can't leave (home) until nine in the morning and I have to be back by 9 (p.m.). I can't work construction, because construction's always early in the morning."

Not my home

"I am not an Indian citizen. I have never lived in India and have no ties to India whatsoever, other than the fact that my parents came from India."
Deepan Budlakoti

Canada's visa system the worst anywhere for Mexicans: Envoy

The Mexican ambassador to Canada says his country is "really mad" at the Harper government for the continued imposition of a visa on its travellers here.

Ambassador Francisco Suarez said that Mexico is so upset that if the issue isn't resolved by next year, Mexican President Enrique Pena Nieto might have to postpone a planned visit.

"We're now saying it's a major irritant," said Suarez, who took his post three months ago.

"We're now really mad. Canada has the most stringent visa system for Mexicans of any country in the world."

While Mexico's relations with Canada are good, the visa issue could become an obstacle to deepening economic co-operation, he said.

Francisco Suarez
THE CANADIAN PRESS FILE

Canada imposed a visa on Mexican travellers in 2009 to curb abuses by bogus refugee claimants. Prime Minister Stephen Harper has said he would like to see it lifted but says Canada has to reform its own backlogged refugee system first.

Suarez said Mexicans have an easier time getting visas to the U.S., which has serious immigration issues with Mexico, and face no such restrictions in EU countries. "The Canadians require 10 times more information than the Americans."

THE CANADIAN PRESS

University of Calgary

Group sees rape culture at U of C

Chants advocating sexual assault and a contentious campaign slogan are among the proof that rape culture exists at the University of Calgary, assert the founders of a new awareness group.

Student leaders in Halifax and Vancouver have recently come under fire for ugly frosh-week chants. But the problem is not specific to those cities, say members of the Consent Awareness and Sexual Education Club.

Group vice-president external Emily Leedham said she's aware of a campus cheer called the "Old Department Store" that discusses sexually assaulting a woman and tossing her in the gutter.

"It shouldn't take a bunch of frat students literally shouting this for people to take this seriously," she said.

President Ellen Bolger pointed to a campaign slogan used by a U of C student-representative candidate last semester: "She wants the D" (referencing the candidate's name and slang for penis).

JEREMY NOLAIS/METRO IN CALGARY

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In this picture taken Wednesday, university students in Karachi, Pakistan, try to access YouTube. For almost a year, Pakistanis wanting to watch content on the video-sharing website have had to find alternatives.
SHAKIL ADIL/THE ASSOCIATED PRESS

YouTube ban in Pakistan faces court challenge

Internet censorship. Move has sparked debate on right to information vs. impulse to block material seen as offensive to Muslims

ToffeeTV has hit an unexpected snag. The Internet startup depended on YouTube to promote Hokey-Pokey, the Umm Nyum Nyum Song and other language-teaching clips it produces for children, but the video-sharing website has been banned in Pakistan for nearly a year.

Message

"Surf Safely! ... The site you are trying to access contains content that is prohibited for viewership from within Pakistan."

While the tech-savvy have ways to get around the ban, the vast majority of Pakistanis who try to view YouTube get the above message.

The measure was imposed to block videos that Muslims took as insulting and blasphemous. But the unintended consequence has been frustration for many companies, educators and students. A petition to end Internet censorship is before a Pakistani court, and a debate has been rekindled over how to reconcile the right to a free flow of information with a widespread public sentiment that Islam needs special protections.
THE ASSOCIATED PRESS

Chemical weapons deal a 'victory': Syrian official

A high-ranking Syrian official called the U.S.-Russian agreement on securing Syria's chemical weapons a "victory" for President Bashar Assad's regime, but the U.S. warned Sunday "the threat of force is real" if Damascus fails to carry out the plan.

The comments by Syrian Minister of National Reconciliation Ali Haidar to a Russian state news agency were the first by a senior Syrian government official on the deal struck a day earlier in Geneva. Under the agreement, Syria will provide an inventory of its chemical arsenal within one week and hand over all of the components of its program by mid-2014.

"We welcome these agreements," Haidar was quoted as saying by the RIA Novosti agency. "On the one hand, they will help Syrians get out of the crisis, and on the other hand, they averted a war against Syria." THE ASSOCIATED PRESS

Lesson for Iran?

U.S. President Barack Obama says his administration's approach to Syria's chemical weapons should show Iran that there's the potential for diplomatic solutions to arms standoffs.

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This year, the University was awarded the Regina and District Chamber of Commerce Paragon Award for Environmental Excellence. This honour reaffirms that our sustainability efforts are good for Regina, the province, and the world.
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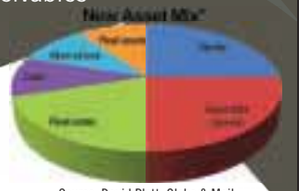

Source: David Plett, Globe & Mail

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How Twitter flew from obscurity to IPO feeding frenzy

Social media. Service's public sale of stock will be the most scrutinized since Facebook's Wall Street debut in 2012

Famous figures on Twitter include Queen Elizabeth, left, President Barack Obama and Pope Benedict XVI. THE ASSOCIATED PRESS FILE

The Pope. President Obama. Queen Elizabeth. Oprah. You.

When Twitter started seven years ago as an obscure medium for geeks, critics dismissed it as an exercise in narcissism. Some thought it would be as intriguing as watching people gaze at their bellybuttons. But it quickly matured into a worldwide messaging service used by everyone from heads of state to revolutionaries to companies trying to hawk products.

Now, Twitter is taking the next critical step in its evolution — selling stock to the public. It promises to be the most hyped and scrutinized initial public offering since Facebook's Wall Street debut in May 2012. To be successful, the company will need to become an advertising behemoth and prove that the same service that has already helped change the course of history can also make money.

Twitter quietly slipped out news of its plan to go public in a tweet last Thursday afternoon. By the next morning, nearly 14,000 of Twitter's 200 million users had retransmitted the message.

"Twitter epitomizes the revolution of social media ... more than Facebook, more than YouTube," says Fordham University communications professor Paul Levinson, author of New New Media. "It caters to the immediacy, the equality of all users." THE ASSOCIATED PRESS

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SEASON GONE SOUR IN RIDER NATION

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Not much joy in the Queen City this Monday morning.

The Riders now have a two-game losing streak going and three of their top players face aggravated-assault charges.

In a town where football is bigger than Biggar, the Rider Pride bandwagon has a flat ... at least. There could be mechanical damage.

How did it get this way? Not so long ago, the Riders were the top team in the CFL and it was starting to look like The Year. But after a series of well-documented catastrophes, including a loss to the league-doormat Blue Bombers, it's starting to look like Next Year Country all over again.

But worse than the recent spate of defeats and catastrophic injuries are the assault charges that stem from an altercation on the Dewdney Avenue strip back in August. There was a suspected take-it-outside barroom brawl and now the team's top defensive back and two of its top receivers could go to jail for unnecessary roughness.

It's interesting that the team decided to let Dwight Anderson and Taj Smith play against the Argos Saturday. Eron Riley is on the injury list, so the Argos game was out of the question for him. You wonder if team management would have been so quick to decide the players were innocent until proven guilty if they were three nobodies on the practice squad, but let's give general manager Brendan Taman and the accused the benefit of the doubt. Let the judge sort it out.

While we wait, the civic navel is undergoing intensive scrutiny. Many people think it's hard to be a pro football player in Regina as you can't go anywhere without dealing with the fans, or worse, people who are not fans, at least not this week.

There are probably some places you should avoid altogether, like bars on Dewdney, and stick to safer ground. Especially during the season, when emotions are high, it makes sense to stay away from places where the main focus is to get higher.

Easy for me to say. I'm no longer 29, carrying a load of excess testosterone. But you have to ask yourself: Do these young players know what they're getting themselves into when they come to Regina, where people bleed green and white? Maybe they should get an extra orientation session from former Riders such as Belton Johnson or Tamon Johnson, whose recent tweet makes a lot of sense: "People don't realize how passive u have 2 be as an athlete in public. Ppl think they're watching the TV and can say anything to u."

Exactly. These guys are real human beings, not mascots or video avatars. They have feelings too. It just might be better if they wait to express them on the field, where there's a losing streak waiting to be snapped — and the sentence for unnecessary roughness is 15 yards, not a criminal record.

ZOOM

Motor-yikes!

COURTESY GUINNESS WORLD RECORDS

Mega-motorbike tops world record

This gigantic ride got its driver on the high road to record-breaking fame. Fabio Reggiani, 31, has created the world's tallest motorcycle — a bike that's six times larger than a standard model. The product designer from Reggio Emilia, Italy, features in this year's edition of the Guinness World Records book. METRO

Motorcycle in numbers

5.10
metres is the height of the motorcycle — higher than a double-decker bus.

10.03
metres is the bike's length — longer than a stretch limousine.

5,000
kilograms is its weight — the average weight of an African elephant.

Q and A

'I control the bike using a joystick'

What was the process behind making this monster motorbike?
A team of eight of us spent seven months building the vehicle. Most of the parts are actually from large cars: The engine was a 5.7L V8 engine, running at 280 horsepower. It can drive at a top speed of 60 km/h.

How do you reach the sky-scraping handlebars?
I don't (laughs). I control the bike using a joystick that's placed in front of the seat. It's quite easy, in fact — I only need to turn the front wheel.

What's been the reaction from the public?
My favourite one has been, "O mamma mia come è grande!" ("Oh my mother, how big it is!")

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the days of summer in the rear-view mirror, it can be hard to escape the fall doldrums. But come on, for most of us, life ain't really so bad. If you sometimes need a little reminder on how to put on that happy face, there's a whole new wave of self-help happiness apps.

Happier:
Let's be honest: No one wants to be the guy walking around telling everyone how great their life is. So now you don't have to. Happier lets you share your happy thoughts with a community of like-minded happiness-seekers.

Track Your Happiness:
Kind of like fitness tracker meets research project. This site lets you track who you were with and what you were doing when reaching your peak happy levels. Goodbye Debbie-downer friends.

Hapyr:
All it takes, according to the website, is two minutes a day to be a happier you. Hapyr sends a daily reminder for people to sit down and write for just 120 seconds about all the lovely things in their lives.

Twitter

@metropicks asked: When Twitter launched, many doubted its success. Now it's going public. Why do you use Twitter?

@SpenceShaun: Twitter- There isn't a better source for up to the minute news and information. Lightning fast reporting.

@CSRjames: My intern said our project was, I quote "#totesamaze". I laughed. Felt old. Got Twitter. Now I'm #totescool ;)

@Carefulspider: It connects you to local news and what's happening in your community. Just one of the reasons I use twitter.

@SteveWLayton: It allows you to share a thought in a noisy social world and get thoughtful responses from the global community.

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Review

Who: Vampire Weekend

Where: iTunes Festival

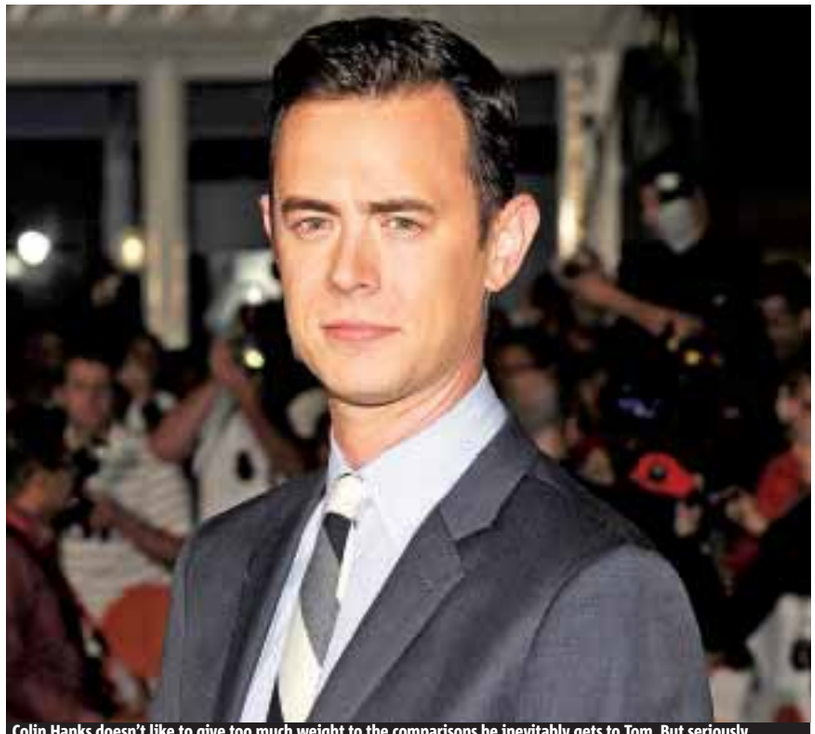
When: Sunday, Sept. 15

During Vampire Weekend's performance Sunday, you'd be hard-pressed to recognize the nervous Ivy Leaguers who took over indie rock a few years ago. Ezra Koenig and co. came across like bona fide pop stars. On opener, Diane Young, the group cranked out the tune's big hooks with aplomb. Meanwhile, tracks from their first two records, such as Oxford Comma and Horchata, received some of the strongest reactions. The band drew in equal parts from all three of their albums, and their distinct voice and polished image served to dispel criticisms that their music was too derivative of Afropop rhythms. Sure, the penchant for intellectual lyrics is still intact, but they're being themselves. They seem more comfortable in their own skin and found the balance between elitism and good old-fashioned fun. Just before their third and final encore, Koenig said goodbye to the audience and wished everyone a good school week.
JACOB MORGAN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Keeping it in the family

Celebrity spawn.
Famous relatives are a double-edged sword in the movie business


Colin Hanks doesn't like to give too much weight to the comparisons he inevitably gets to Tom. But seriously, doesn't he totally look like his dad? THE CANADIAN PRESS

What's in a (family) name?

Quite a bit, apparently, when it comes to the next generation of actors and directors trying to make their way in the film world.

This year's cinematic offerings at the Toronto International Film Festival featured a slew of young movie makers and up-and-coming stars with famous last names who are trying to step beyond the shadow of their well-known relatives.

But while having a recognizable surname can certainly have its perks, it seems a memorable moniker also brings certain pressures.

Colin Hanks, the witty son of the famed Tom Hanks, knows all too well what it's like to be compared to his popular father.

"Definitely, there is more attention than most," said the actor, who was in Toronto promoting his upcoming JFK drama Parkland.

"This sort of idea of, 'Oh well, he's not as good as his dad' — that always makes me laugh because I was getting that when I was 23, and I'm like 'OK ... he had time to get to where he is.'"

The younger Hanks noted that while his last name creates a point of interest, he's stopped stressing over unfair comparisons to his dad.

"There's not really a whole lot I can do about it so I don't really think about it too much," he said with a shrug. "(Acting) is a profession that I've chosen because I love it and I don't want to do anything else."

Sarah Sutherland is already learning to think along the same lines.

The 25-year-old said being the daughter of Canadian actor Kiefer Sutherland and the granddaughter of esteemed actor Donald Sutherland does come with "certain assumptions"

But the budding actress, who was promoting her new movie Beneath the Harvest Sky at TIFF, hopes she can come to be known for her own work, and not just her name.

"My father and my grandfather have an incredible body of work and both have an incredible work ethic, so I'm just proud to be associated with them and to be making my own mark in this industry," she said.

"We always keep business and personal things very separate and they've always been very respectful of me figuring things out on my own."

There's no doubt that the progeny of big-name celebrities get held up to higher standards. But there are some among the next generation of stars who are driven by that added scrutiny.

Take Gia Coppola, for instance. The granddaughter of Hollywood heavyweight Francis Ford Coppola (the man behind The Godfather) and niece of Sofia Coppola is well-aware of the critical analysis her own directorial debut is being subjected to.

"It does add a lot of pressure, but it just makes me want to work harder and prove that I can stand on my own," said the soft-spoken 26-year-old, who has adapted a book by James Franco for the big screen with her film Palo Alto.

"I hope that people see the film because they're interested in the story and not so much to see what the spawn of the (Coppola) family ... can do." THE CANADIAN PRESS

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Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Who's going to swing the final wrecking ball through this relationship?

This can't be a good sign. In the wake of renewed rumours about Liam Hemsworth and January Jones getting cosy, Hemsworth's fiancée, Miley Cyrus, has unfollowed him on Twitter, adding to speculation that the couple of four years may be in trouble. Cyrus has been travelling around Europe promoting her latest album, while Hemsworth was most recently in Las Vegas this weekend for the Mayweather-Canelo boxing match. Hemsworth and Cyrus haven't been spotted together in public since the premiere of his latest film, Paranoia, last month in Los Angeles.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

The new adventures of Pippi Longstocking — rated X

STARGAZING
Malene Arpe
scene@metronews.ca

The pilot of a private plane tells TMZ that when Justin Bieber and his posse recently exited an SUV to board, pot smoke billowed out and Justin was "baked out of his mind" on the flight. Calm down. Justin's just researching for his next song, If I Was Your Boy Idol Who Threw It All Away.

Tami Erin, who played Pippi Longstocking in some 1980s movie, says she's releasing her sex tape before her ex does. Here's hoping said ex isn't the horse or the monkey.

Prince Andrew is confronted by security personnel at Buckingham Palace. Being him is like being the Jonas Brother named ... erm ... his name is ... the one who sings on Broadway.

Brad Pitt says there may be a World War Z sequel in the works. It may take a while because they have to figure out the CGI necessary to make the zombies run even faster.

Twitter

@justinbieber
Gotta run.

@DonCheadle
Tweeps, if I'm out where there's 11K people and EVERYBODY wants "just one picture" and I politely decline, please don't take it personally.

@Fred_Willard
Wondering today why coffee and tea cups are only half full in tv,film...Bigger question, why do I wonder?

Yeezus, Kanye get a grip!

Kanye West has been formally charged with misdemeanor battery and attempted grand theft stemming from his brawl with a photographer outside the Los Angeles International Airport in July, according to TMZ.

An arraignment has been scheduled for Oct. 10. "We are very gratified to learn today that the L.A. City Attorney has chosen to criminally charge Kanye West," Gloria Allred, the attorney for photographer Daniel Ramos, said in a statement.

"Celebrities should be held to the same standards as anyone else and we are very gratified that the L.A. City Attorney is not intimidated by Mr. West's fame and fortune."

Regina Referendum

Wednesday, September 25, 2013

Residents have the opportunity to vote on the construction, financing, operation and maintenance model of the City of Regina's Wastewater Treatment Plant.

The yes-or-no question on the ballot will read;That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

Polling information

- Polling locations will be available throughout the city on September 25 from 9 a.m. to 8 p.m.
- Residents can find their poll location at **ReginaReferendum.ca**.

Advance polls

Advance polls will be offered on September 21 from 10 a.m. to 5 p.m. at:

- The Golden Mile Shopping Centre
- Northgate Mall
- Normanview Landing
- Victoria Square Mall

Mail-in ballot opportunities will be provided to eligible voters. Applications for mail-in ballots must be made in person at the Referendum Office at City Hall, 2476 Victoria Avenue.

Two pieces of identification are required to vote.

Free Transit and Paratransit service will also be provided on referendum day and on advance poll day for voters.

Visit **ReginaReferendum.ca** or call 306-777-7000 for all your voting information.

Feeling good

Getting high on self-esteem

According to Nick Whitehead, the CEO of Oxford Learning, some students with high self-esteem have only mediocre marks.

That's because they have learned important lessons: Trying is as important as success, and overcoming failure and learning from mistakes are essential to development.

Whitehead points out that parents can tell if children have healthy self-esteem by observing their actions and asking some vital questions.

- Does all learning have to be highly structured or does she or he accept change?
- Can your child willingly accept difficulty, or deal with failure?
- When confronted by failure, does she or he blame somebody else? Or does your child take responsibility for his or her own learning experience?
- Is your child content just to get by with average achievement or does she or he try to excel? NEWS CANADA

There are ways to ensure your child's self-esteem is high. ISTOCK

Exclusively online

Read Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores now.

Take a bite out of school lunches

Tips. A recent survey shows that 62 per cent of parents don't enjoy making school lunches for their kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Being a parent is hard work. And if I were to believe what I see on Twitter, Facebook and in blogs, article and television segments, the making of school lunches is near the top of the list.

(As an aside, is it just me, or am I right in thinking that if making a school lunch is even in the top 100 complaints about your life then your life is pretty good?)

A survey I recently ran with Cityline viewers revealed that 62 per cent of respondents said they do not enjoy making their kids' lunches, but they do it anyway, even though the kids are old enough to do it themselves.

In the corporate world, this would be known as bad project management. True, there are some parents who like being responsible for putting together the lunches for their kids, which allows them to control what foods and how much goes in. Of course, it can't control the fact that little Jimmy may still trade away his apple for a brownie, or pitch the broccoli in a bin on the way out of the lunchroom, but it can help limit their bad food choice options.

Getting your children involved in making their own school lunches is an opportunity to teach them about making healthy food choices. ISTOCK

What it doesn't do, though, is teach them to make their own healthy food choices at home, and to take on a responsibility that they can easily handle from about age eight and up.

Kids even younger should be involved in some part of the lunch construction.

While there is a growing trend to hide nutritious food from kids (zucchini in muffins), or make it "fun" for them to eat (sandwiches cut like flowers), this is really just training mom and dad on some new mostly non-transferable culinary skills, and not providing a food education for your children. Teach them to make a regular, square sandwich instead.

So how can you get the kids to take it on?

1. Sit down and write out a list of lunch options: sandwiches, re-heatable foods and salads, as their main entree.

2. List acceptable snacks they can choose from, out of the cupboard, fridge, or fruit bowl. Then let them construct.

3. Start by having them "own" the responsibility of lunch. If they want you to make it, they have to ask. Nicely. And you can say no. (You're the boss, remember?).

KATHY BUCKWORTH'S NEW BOOK I AM SO THE BOSS OF YOU IS AVAILABLE IN BOOKSTORES EVERYWHERE. KATHY IS THE NEW HOST OF TORONTO SPEAKS: PARENTING, DEBUTING ON ROGERS TELEVISION MONDAY, SEPT. 30.

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Mexican Independence Day isn't complete without Cemita

This traditional Mexican sandwich offers delicious layers of zesty chicken, a creamy cheese spread, crunchy cabbage slaw and sliced avocados from Mexico.

Personalize your Cemita by replacing the chicken with pulled pork or thinly sliced beef and cranking up the spice level.

Sharing, optional. Napkins, mandatory.

This recipe serves six. COURTESY MISSAVACADO.CA

1. In bowl, combine cabbage, lime juice, sugar, salt and pepper. Set aside.

2. In saucepan, bring onion, broth and BBQ sauce to boil over high heat; reduce heat to medium and gently boil until onion is softened and liquid is reduced to about 1/2 cup (125 ml), about 5 minutes. Add chicken; heat through. Cover and set aside.

3. Avocado Cheese Spread: In bowl, mash one of the avocados. Stir in mayonnaise, lime juice, salt and pepper; fold in cheese and cilantro. Thinly slice remaining avocado.

4. To build sandwiches, place avocado slices on base of toasted buns. Spoon some of the chicken mixture overtop; top with cabbage slaw, then Avocado Cheese Spread, and finally a few pickled jalapenos. Top with bun lids, skewering with picks, if needed. MISSAVACADO.CA

Ingredients

- 2 cups (500 ml) finely shredded cabbage
- 2 tbsp (30 ml) lime juice
- 1 1/2 tsp (7 ml) sugar
- 1/4 tsp (1 ml) each salt and freshly ground pepper
- 1 small onion, thinly sliced
- 3/4 cup (175 ml) chicken broth
- 1/2 cup (125 ml) favourite smoky BBQ sauce
- 3 cups (750 ml) cooked rotisserie chicken, shredded

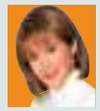
Avocado Cheese Spread

- 2 fully ripened avocados from Mexico, halved, pitted, peeled
- 1/4 cup (60 ml) light mayo
- 1 tsp (5 ml) lime juice
- 1/4 tsp (1 ml) each salt, pepper
- 1 cup (250 ml) shredded fresh Oaxaca cheese
- 1/4 cup (60 ml) chopped cilantro

- 1/2 cup (125 ml) sliced pickled jalapeno peppers
- 6 large sesame seed burger buns, split and toasted

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Get in those last cold treats before fall arrives, but be careful if you're watching calories, fat and sugar.

Medium Dairy Queen S'mores Blizzard

870 cal / 38 g fat / 92 g sugar
Better stick to the camp fire s'mores for calories and fat. The soft serve with s'more ingredients is not worth the calories, fat and sugar.

Equivalent

One medium Dairy Queen S'mores Blizzard is equal in fat to eight s'mores.

Medium Dairy Queen Chocolate Sundae

410 calories / 9 g fat / 64 g sugar
A chocolate sundae is so satisfying at half the calories and one quarter the fat.

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Memorizing a 400-digit number? 'Anyone can do it with practice'

All hail the human computer. Some folks are making it their mission to be masters of memory, but is the skill still valid in the age of all things digital?

KIERON MONKS
Metro World News in London

In 1978, sharks turn vegetarian. In 2041, a mouse swims across the ocean. This was unlike any test I had experienced — in five minutes I had to memorize 150 pairs of abstract events and dates, competing against the world's best memories.

Around the room competitors had their eyes shut in fierce concentration, their ears covered with headphones; some tapped their feet or rocked back and forth.

A contestant waits his turn in the final round of the speed cards trial at the UK Open Memory Championship.
KIERON MONKS / MWN

I was out of my depth and relieved to score 10. "Not terrible," according to a supervisor.

The UK Open Memory Championship, held at the Science Museum in London, England, attracts many of the leading mnemonists. They compete in 10 disciplines that include memorizing decks of cards in under a minute and reciting 400-digit binary numbers.

"This is about creativity — you take the numbers and turn them into pictures and make stories out of them," says three-time world champion Ben Pidmore, who describes himself as an "accountant with the soul of a hippie."

This year's winner was Swedish prodigy Jonas Von Essen, 21. He agreed the process is all about imagination.

"I write, draw, make movies and look at different shapes to figure out what they could be — that is how I get the discipline. Anyone can do it with practice."

Changing the impression of a closed shop for science geeks is key to the sport's growth, and although there were no female participants this year, new ground is being broken all the time.

Since the first World Championships in 1991, seven founding members have grown into global rankings for a top 1,000 and a thriving tour of prestige events from Bahrain to China.

Standards have been driven up along the way.

"In athletics we measure success and failure by 100ths of seconds, but in mental athletics every year we are discovering the brain capacity is much bigger than we thought possible," says Chris Day, general secretary of the World Memory Sports Council.

In the 1980s it was widely believed that no-one could recall more than 30 numbers, but the 2012 World Champion Wang Feng, from China, has memorized 2,660.

To compete at the top, training requirements have gone from one hour per day for a week, to 10-hour days for six months, and many competitors use audiovisual stimulation machines to keep them sharp.

Some have questioned the need for memory training in a digital age, but author and former champion Dominic O'Brien believes it is essential.

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

O'Brien has secured government funding for a scheme that teaches memory techniques in schools.

"You have the kids learn a story and then they realize they have learned the first 20 elements of the periodic table."

But for real-life application, many of the competitors said they are still just as likely to forget their car keys or get lost on holiday, as the techniques need to be consciously applied.

Others have been chased out of casinos for their card-counting tricks.

Chris Day foresees a military use.

"If agents could memorize a lot of data it would get through searches." Human surveillance units? In the NSA-era, our memories may be the only safe place left.

Joggin' the noggin

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

Dominic O'Brien
Author and former memorization champion

Memory technique

Remembering a speech:

- **Break it down into sections**
- **Attach a word to each section. Example: door, dog, handkerchief.**
- **Construct a story using the words and give them context. Example: 'I walk through the squeaking door, and see my dog sitting on the mat. On his nose is a handkerchief.'**
- **Go over the story until you can remember it forward and backward.**

I want words, not the wide screen

Beauty of the book. How to foster a lifelong love of reading in your little one

Reading is a gift — it takes you on a journey, opens your eyes, raises questions and exposes you to new thoughts and ideas. With the following four tips, you can make sure your child will read more and have fun while doing it:

Designate reading time
Setting daily reading time with your child is an effective way to motivate him or her to read more. Whether it is during breakfast, after school or before bedtime, a set time of day infuses routine and stability, giving your child something to look forward to.

Learn a new word a day
Pick out a word in an encyclopedia, or have your child flip to a random page and select a word with his or her finger, then study it and learn the spelling and meaning behind the word. If you would like to go even further, you can encourage your child to use that word in a sentence the following day to help with memory retention.

Learn through listening
Audio books, learning songs and trivia challenges help build comprehension skills and vocabulary. For a tool to help the learning to read and write process, the LeapReader by LeapFrog has a library with more than 150 stories, work and audio books, along with a wide range of activities that are sure to stimulate their minds and help foster enhanced reading and writing skills.

These tips will help ensure reading is an enjoyable experience that you and your child will relish. By making reading fun, you will ensure that your child enhances his or her skills and it will be a memorable experience that you can share together for years to come. NEWS CANADA

Keep a journal

A journal is a great way to bolster your child's creativity and enhance reading and writing skills.

- To add another layer of learning, encourage kids to use some of the new words they have been learning to further enhance their vocabulary. A short daily journal entry will help keep their skills sharp.

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First Student

The Thunder beat the Huskies 34-16 in Canadian Junior Football League action Sunday afternoon at Mosaic Stadium. MARCO VIGLIOTTI/METRO

Days of Thunder taking over CJFL

Football. Regina now 3-1 after 34-16 win over Edmonton

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

It's official, the Regina Thunder are rolling.

In an impressive performance, the Thunder bested the Edmonton Huskies 34-16 in Canadian Junior Football League (CJFL) action Sunday afternoon at Mosaic Stadium.

"I thought they played well throughout the game," head coach Scott MacAulay said about his team's performance on Sunday. "They came out and produced today. I'm really happy."

The victory improved the Thunder to 3-1, while the defeat is the Huskies' second of the season.

One of the Thunder's many bright spots on offence, wide receiver Mike Schienbein is starting to garner attention for his strong play.

"I've kind of been waiting for my chance and I've got it," he told Metro after Sunday's win. "Every week is new but we seem to be getting better and better."

Returning from a nagging shoulder injury, offensive lineman Max Ziegler said he was excited to retake his place on a potent Thunder offence.

"It's awesome (to return to the lineup)," said Ziegler, a six-foot, 275-pound Regina native. "We're all working together, it's helping a great deal."

Coming off a big win over the defending CJFL champion Saskatoon Hilltops last week, the Thunder are making a strong statement as the new team to beat in the hotly competitive Prairie Football Conference.

"Any time you're ahead in the standings, guys are going to be wanting to play for you," MacAulay said about the Thunder's recent rise up the standings. "I'm really proud of the guys — they're the ones doing all the work out there."

The Thunder will now hit the road to take on the Calgary Colts on Sunday before returning to Mosaic Stadium to battle the Winnipeg Rifles on Sept. 28.

Tennis

Canada ousted from Davis Cup

Canada's Davis Cup run came to an end after Serbia's Janko Tipsarevic beat Vancouver's Vasek Pospisil 7-6 (3), 6-2, 7-6 (6), giving Serbia a 3-2 win on Sunday in the best-of-five tie.

Earlier in the day, world No. 1 Novak Djokovic forced the decider when he took down No. 11 Milos Raonic 7-6 (1), 6-2, 6-2.

THE CANADIAN PRESS

WHL

Pats fall in exhibition finale

The Regina Pats ended the pre-season on a losing note.

On Saturday night the team fell 6-3 to the Brandon Wheat Kings at the Brandt Centre. Marc McCoy, Jack Rodewald and Geordie Maguire were the Pats goal scorers on the night. Teagan Sacher got the start in net, but was replaced by Dawson MacAuley after the first period.

The Pats completed the pre-season with a 1-3-0-1 record. Regina opens the regular season at home against the Swift Current Broncos Thursday night at the Brandt Centre at 7 p.m.

METRO

NHL

Leafs edge Flyers to open pre-season

Nazem Kadri and Mason Raymond both had a goal and an assist for the Toronto Maple Leafs, who opened their pre-season schedule with a 4-3 win over the Philadelphia Flyers on Sunday night.

THE CANADIAN PRESS

Peyton still picking on little brother Eli

Peyton Manning of the Broncos eludes the Giants' Shaun Rogers on Sunday in East Rutherford, N.J. RON ANTONELLI/GETTY IMAGES

Big brother Manning got the better of his kid sibling, with lots of help from Denver's one-man ground game.

Peyton Manning didn't need another record-tying seven touchdown passes Sunday, settling for two in the Broncos' 41-23 romp over Eli and the Giants.

The older Manning is 3-0 in the NFL against Eli, with the other two victories coming when Peyton was with the Colts. He got this win with a huge boost from Knowshon Moreno, who rushed for two touchdowns and 93 yards on just 13 carries. Denver (2-0), which has won 13 straight regular-season games, ran for 109 yards altogether.

No flak for flags

13

Despite drawing 13 penalties for 132 yards, Denver had the game in hand.

With Manning finding Wes Welker and Julius Thomas for touchdowns, and Moreno scoring on sprints down the right side of 20 and 25 yards, Denver dominated much of the matchup between Super Bowl MVP quarterbacks; Eli has won two titles, Peyton one.

After the rout, the brothers shared a very short handshake while surrounded by a mob of photographers and TV cameras.

Eli Manning was picked off four times — he was intercepted 15 all of last season — and the Giants also allowed Trindon Holliday's spectacular 81-yard punt return for a touchdown. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
When the Sun moves into the relationship area of your chart next weekend, you will have to compromise more. If there is anything selfish you want to do, you should do it now.

♉ Taurus
April 21 - May 21
If you have been having second thoughts about a project, you should keep them to yourself. Something will happen this week to make you realize things aren't as bad as you fear.

♊ Gemini
May 22 - June 21
At last there is light at the end of the tunnel and you will emerge into that light no later than the 22nd when the Sun moves into your fellow Air sign of Libra. In the meantime, don't take life so seriously.

♋ Cancer
June 22 - July 23
Have fun with friends this week because later you won't have time for socializing as you will be dealing with serious issues at home and at work. Laugh hard now and work hard later.

♌ Leo
July 24 - Aug. 23
Keep a firm grip on the purse strings over the next few days because if you start spending more than you can afford, you will regret it towards the end of the month. Save for something that is really worth having.

♍ Virgo
Aug. 24 - Sept. 23
The world won't come to a halt today but you will notice that certain parts of it start to slow down. It could, of course, be an optical illusion: Maybe it's just you speeding up and moving faster than everyone else.

♎ Libra
Sept. 24 - Oct. 23
When the Sun enters your birth sign on the 22nd, there will be no holding you back. But between now and then, you will have to conform to what others expect of you.

♏ Scorpio
Oct. 24 - Nov. 22
Take life as it comes and don't worry too much about its wider meaning. There will be no end of opportunities to ask the big questions towards the end of the month. For now, live in and enjoy the moment.

♐ Sagittarius
Nov. 23 - Dec. 21
Some thoughts in your head don't seem to belong to you. So where do they come from? Most likely you have allowed yourself to be influenced too much by your environment. Think for yourself.

♑ Capricorn
Dec. 22 - Jan. 20
You may be annoyed that your talents have been overlooked but the good news is you will soon break through to the big time. Be patient and be ready to act quickly.

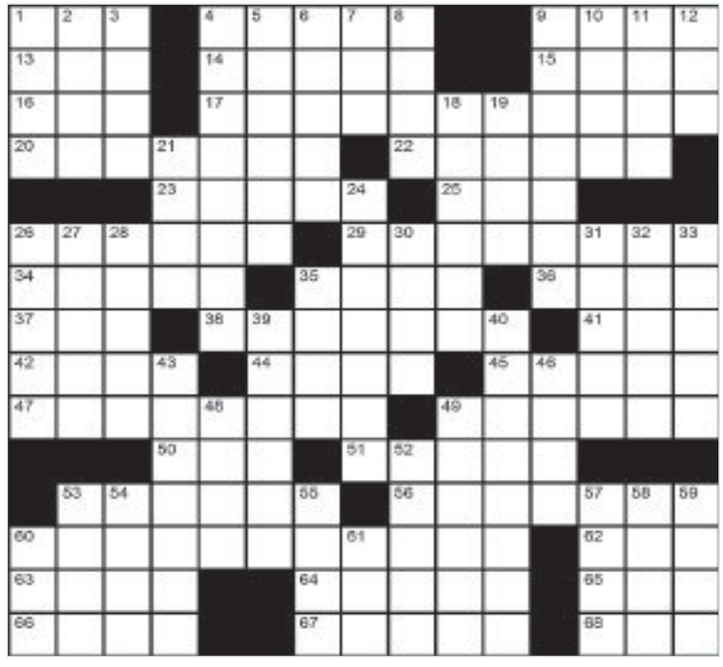
♒ Aquarius
Jan. 21 - Feb. 19
You can hardly put a foot wrong at the moment and your luck should get even better towards the end of the week. But don't take anything for granted or the planets may decide to knock you back a bit.

♓ Pisces
Feb. 20 - March 20
If you want to improve your life, you can't change things overnight. Set just one target to reach every day, and don't move to the next until you have mastered it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

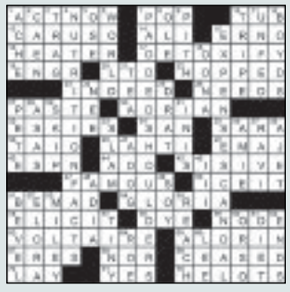
BY KELLY ANN BUCHANAN



Across
1. Compress, as a computer file
4. Fancy-hatted English racecourse
9. Kind of spirit
13. Filmmaker Ms. Lupino
14. Cursed
15. Old Scandinavian symbol
16. Modern
17. "Dancing with the Stars" host: 2 wds.
20. Alberta town
22. Fall, for one
23. __ it goes (There you have it): 2 wds.
25. Sixes, Roman-style
26. Situation of unstableness or of urgency
29. Eagles hit: "__ __"
34. Is a tenant
35. Praiseful poems
36. __ Fein
37. Do like Al Pacino
38. Canadian tenor Ben
41. Certain consciousness
42. Some are faux
44. God: Spanish
45. Legendary acting teacher, Stella ___ (b.1901 - d.1992)
47. Hockey great from Saskatchewan, Bryan __
49. __ Path (Toronto neighbourhood dubbed 'Millionaires Row')
50. Paul's music duo partner
51. Worker laying down the ceramics
53. Some brands of electronics
56. Most dungeon-like
60. RCMP in French is GRC which is... __ royale du Canada
62. Alias indicator
63. Ballerina's skirt
64. Tiger Woods' ex-wife, and namesakes
65. Bolt
66. "__ Slidin' Away" by Paul Simon
67. Lets up
68. Wilt

Down
1. Multivitamin mineral
2. Notion
3. Chess piece
4. Dazzle
5. Pirate fight weapons
6. Arrives
7. Earth, for one
8. Jeans tops
9. Locks
10. Certain currency
11. Unknown advice seeker's sign off, for short
12. Sign on a restaurant restroom
18. Change
19. Laundry detergent brand
21. Ship spar
24. __ __ of Montreal (Historic area on the St. Lawrence River)
26. Basketry, for example
27. Happen again
28. Book's brief beginning
30. Hankerings
31. Move over
32. Georgia who played Georgette on "The Mary Tyler Moore Show"
33. Sleep silently opposite
35. "The Andy Griffith Show" role
39. Newspaper VIP
40. Infrequency
43. Pursuit for Caroline Rhea
46. Mr. Bogarde of film
48. __ _ bit harder (Put more effort in)
49. "Glee" character played by Darren Criss
52. Actor Mr. Elba
53. Alone: French
54. Against
55. Captain Hook's sidekick
57. Corn units
58. Gull-like bird
59. Powdered fruit-flavoured drink
60. Lettered sports cars
61. Old music high note

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	2			4	1	
7						8		6
	9			8				5
	6				2	3		
			6		9			
		1	5				9	
6				7			8	
1		2						4
	4	9			6	5		

Friday's Sudoku

6	1	4	7	9	3	2	8	5
3	7	8	2	1	5	9	4	6
9	5	2	6	8	4	7	3	1
4	2	1	8	3	7	6	5	9
7	9	3	1	5	6	8	2	4
5	8	6	4	2	9	1	7	3
1	6	7	3	4	8	5	9	2
2	4	5	9	7	1	3	6	8
8	3	9	5	6	2	4	1	7

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